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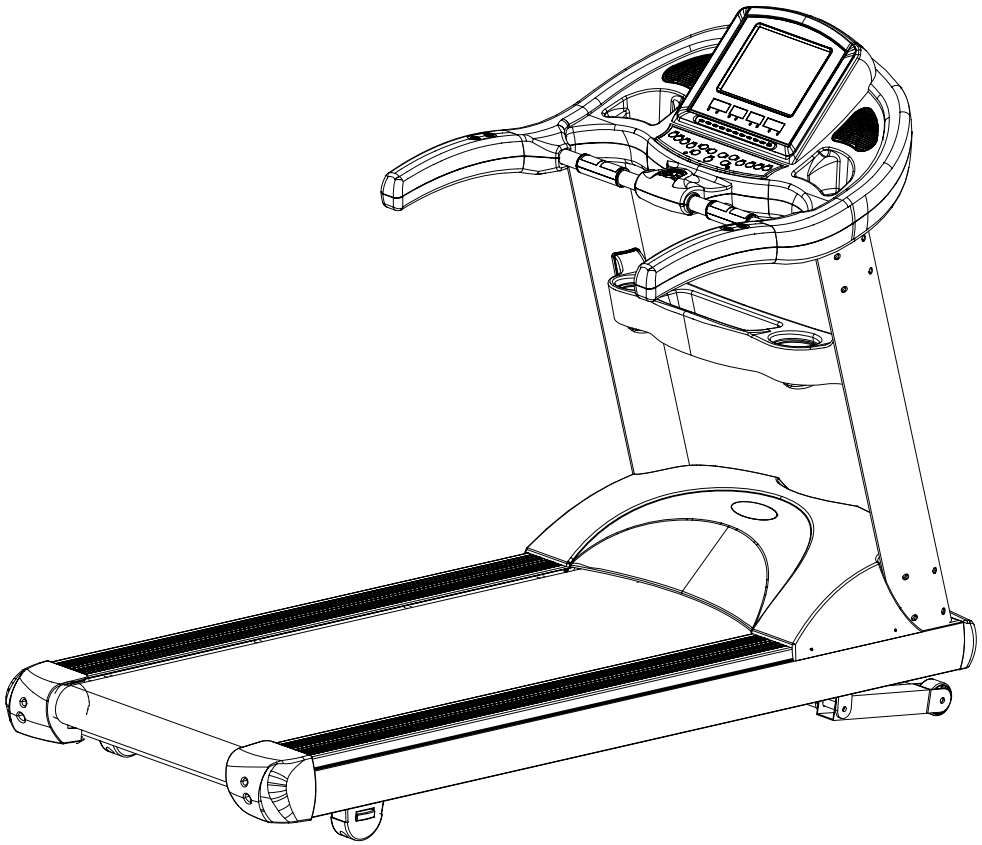
9.65TV MOTORIZED TREADMILL

SMOOTH FITNESS



USER WEIGHT LIMITATION: **400lbs (180kgs).**

SERIAL NUMBER (found on frame):

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PRECAUTIONS

For future service or related questions:
Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your treadmill.

Name: _____ Phone Number: _____ Receipt: _____

Precautions:

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with this machinery
- Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- When choosing a location for the treadmill be sure that the location and position permit access to a plug.
- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than **400LBS (180 Kgs)**.
- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.
- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Never insert any object or body parts into any opening.
- Follow the safety information in regards to plugging in your treadmill.
- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
- Never leave the treadmill unattended while it is running.
- Use “safety key” when operating the treadmill and make sure the “safety key” is clipped to the users clothing.
- Remove the “safety key” and store it in a safe place when the treadmill is not in use. Keep the “safety key” away from children.
- If the supply cord is damaged ,it must be replaced by the manufacturer , its service agent or similarly persons in order to avoid a hazard.

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PRECAUTIONS

Pour réparations futures ou questions connexes :

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your treadmill.

Name: _____ Phone Number: _____ Receipt: _____

Précautions:

AVERTISSEMENT : Pour réduire les risques de brûlures, d'incendie, de choc électrique ou de blessures aux personnes, lire les précautions importantes et l'information suivantes avant de se servir du tapis roulant. Il revient au propriétaire de s'assurer que tous les utilisateurs de ce tapis ont bien été informés de tous les avertissements et précautions.

- Utiliser le tapis seulement comme il est décrit dans ce manuel.
- Cet appareil n'est pas destiné à être utilisé par des personnes (enfants compris) dont les capacités physiques, sensorielles ou mentales, ou le manque d'expérience et de connaissances, à moins qu'elles n'aient été formées et encadrées instructions concernant l'utilisation de l'appareil par une personne responsable de leur sécurité . Les enfants doivent être surveillés pour s'assurer qu'ils ne jouent pas avec cette machine
- Le placer sur une surface plane, en laissant 2 m (6 pi) d'espace libre en arrière. Ne pas placer le tapis roulant sur une surface qui bloque les ouvertures d'air.
- Pour protéger le plancher ou un tapis de dommages, placer un petit tapis sous le tapis roulant.
- Choisir pour le tapis roulant un emplacement et une position qui permettent d'avoir accès à une prise murale.
- Garder le tapis roulant à l'intérieur, à un endroit sans humidité ni poussière. Ne pas mettre le tapis roulant dans un garage, sur une terrasse couverte ou près de l'eau.
- Ne pas faire fonctionner le tapis roulant pendant la vaporisation de produits aérosol ou l'administration d'oxygène.
- Ne pas laisser les enfants de moins de 12 ans et les animaux s'approcher du tapis roulant.
- Le tapis roulant ne doit pas être utilisé par des personnes pesant plus de **400 lb. (180 kg)**.
- Il ne doit jamais y avoir plus d'une personne sur le tapis à la fois. Porter des vêtements d'exercice appropriés pour utiliser le tapis roulant. Ne pas porter de vêtements lâches qui pourraient être pris dans le tapis roulant. Les vêtements de soutien athlétiques sont recommandés tant pour les hommes que pour les femmes. Porter toujours des chaussures d'athlétisme. Ne pas être pieds nus, ou porter seulement des chaussettes ou des sandales lors de l'utilisation du tapis roulant.
- Brancher le cordon d'alimentation dans un circuit avec mise à la terre. Aucun autre appareil ne doit être sur le même circuit.
- Toujours enjamber le tapis et le laisser commencer à rouler avant de monter dessus.
- Toujours examiner votre tapis roulant avant de l'utiliser pour s'assurer que toutes les pièces fonctionnent correctement.
- Laisser le tapis s'arrêter complètement avant de descendre.
- Ne jamais insérer d'objets ou de parties du corps dans une ouverture.
- Suivre les directives de sécurité en ce qui concerne le branchement de votre tapis roulant.
- Garder le cordon d'alimentation éloigné des roues inclinées et ne pas faire passer le cordon d'alimentation sous votre tapis roulant. Ne pas faire fonctionner le tapis roulant si le cordon d'alimentation est endommagé ou effiloché.
- Débrancher toujours le tapis roulant avant de le nettoyer ou de le réparer.
- Toute réparation au tapis doit être effectuée par un réparateur agréé, à moins d'autorisation ou de directives contraires du fabricant. Le non-respect de ces instructions annulera la garantie du tapis roulant.
- Ne jamais laisser le tapis roulant sans surveillance lorsque la clé de sécurité est insérée.
- Utiliser la « clé de sécurité » pour faire fonctionner le tapis roulant et s'assurer qu'elle est accrochée aux vêtements des utilisateurs
- Retirer la « clé de sécurité » et la ranger dans un endroit sûr lorsque le tapis roulant n'est pas en fonction. Garder la « clé de sécurité » hors de la portée des enfants

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POWER REQUIREMENTS

Power Requirements:

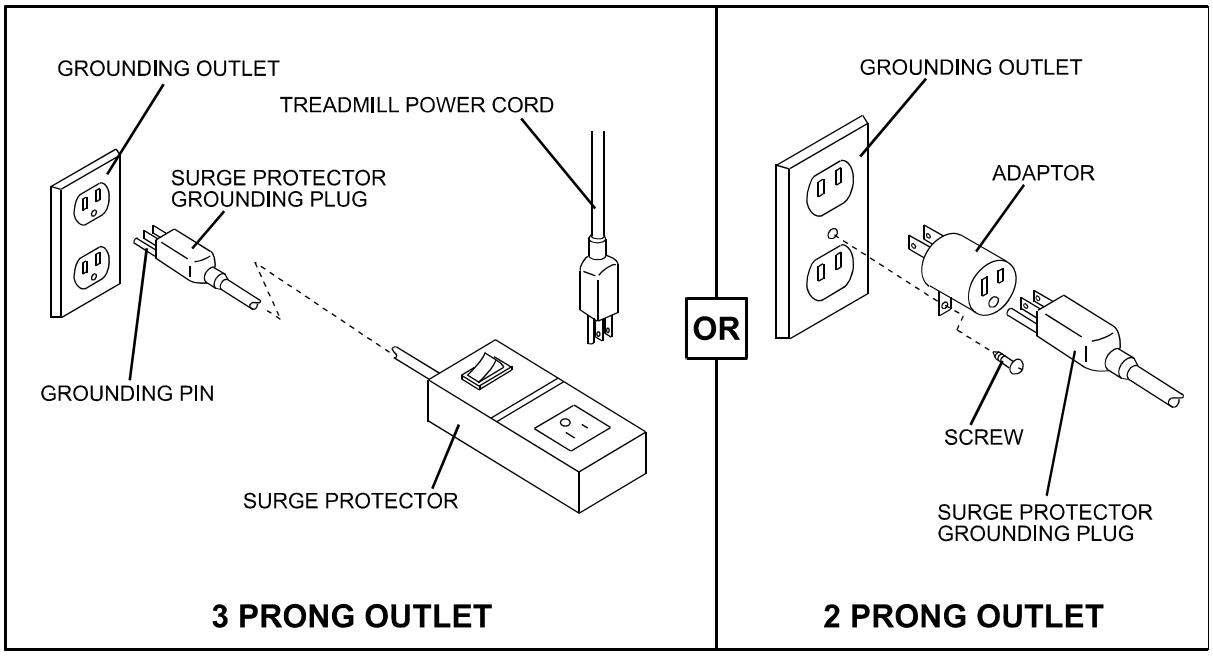
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.
GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.



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POWER REQUIREMENTS

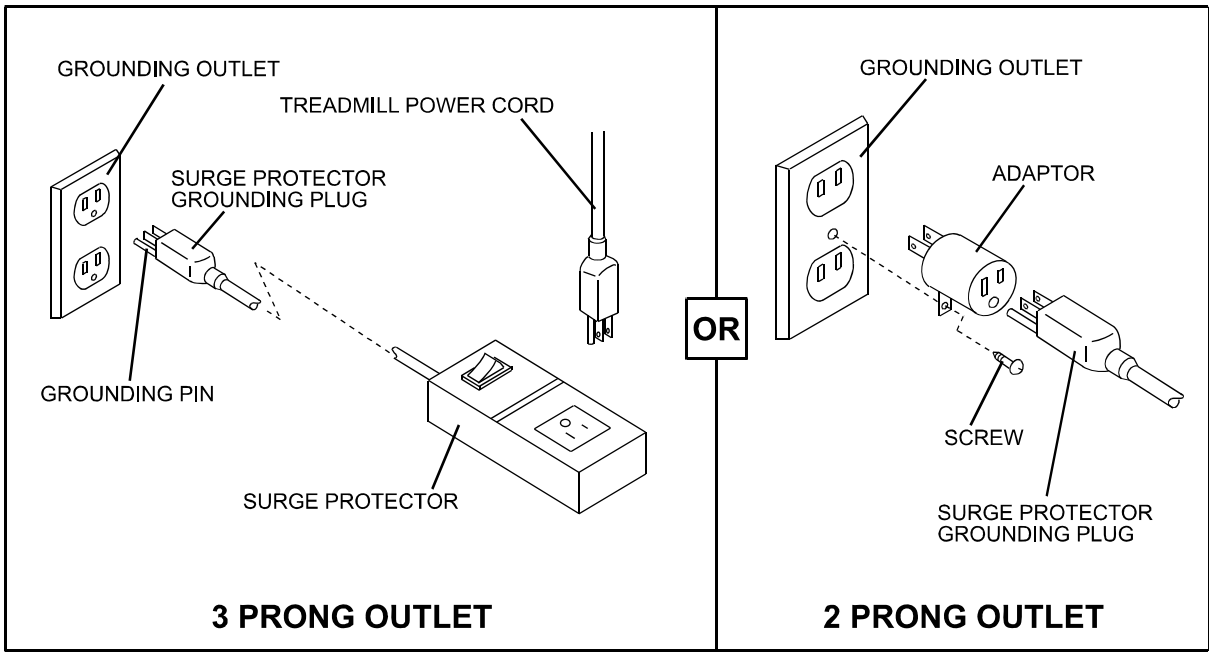
Alimentation :

UN MAUVAIS BRANCHEMENT DU CONNECTEUR DE MISE À LA TERRE DE L'ÉQUIPEMENT POURRAIT PROVOQUER UN CHOC ÉLECTRIQUE. EN CAS DE DOUTE, CONSULTER UN ÉLECTRICIEN OU UN RÉPARATEUR QUALIFIÉ POUR SAVOIR SI LE PRODUIT EST CORRECTEMENT MIS À LA TERRE. NE PAS MODIFIER LA FICHE FOURNIE AVEC LE PRODUIT. SI ELLE N'ENTRE PAS DANS LA PRISE, FAIRE INSTALLER UNE PRISE APPROPRIÉE PAR UN ÉLECTRICIEN PROFESSIONNEL.

Ce tapis roulant pourrait être gravement endommagé en cas de changement soudain de tension dans votre alimentation électrique. Les conditions météorologiques ou la mise sous tension ou hors tension d'autres appareils électriques peuvent provoquer des pointes de tension, des surtensions ou un brouillage. Pour réduire la possibilité que le tapis soit endommagé, toujours utiliser un limiteur de surtension (non inclus) avec votre tapis roulant.

Il est possible d'acheter des limiteurs de surtension dans la plupart des quincailleries. Le fabricant recommande un limiteur de surtension UL 1449 à prise unique comme suppresseur de tension transitoire (TVSS) ayant un taux de suppression de tension de 400 V ou moins et une tension électrique de 110 V C.A., 15 A.
Ce tapis roulant doit être mis à la terre pour réduire le risque de choc électrique. La mise à la terre fournit une voie de moindre résistance au courant électrique en cas de mauvais fonctionnement du tapis roulant. Ce tapis roulant est équipé d'un cordon électrique avec un conducteur de mise à la terre et une fiche de mise à la terre. Brancher toujours le cordon électrique dans un limiteur de surtension et brancher le limiteur de surtension dans une prise appropriée, correctement installée et mise à la terre conformément à tous les codes locaux et ordonnances.
Ce produit doit être utilisé avec un circuit nominal de 110 volts et à une fiche de mise à la terre qui ressemble à celle illustrée ci-dessous.

Les prises avec disjoncteur de fuite de terre et les disjoncteurs de fuite de terre ne sont PAS recommandés pour ce produit. Les prises avec disjoncteur de fuite de terre et les disjoncteurs de fuite de terre pourraient provoquer un mauvais fonctionnement de cet équipement.



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BEFORE YOU BEGIN

Open the boxes:

Open the boxes of your new equipment. **Inventory all parts included in the boxes and Supplied Hardware lists on page 7 for a full count of the parts included.** If you are missing any parts or have any questions contact us directly at 888-800-1167

Gather your tools:

Before you begin, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than **400LBS (Approx. 180 Kgs).** It is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

Care and maintenance:

The safety level can be maintained only if it is examined for damage and wear.

Replace any defective components immediately and stop all use of the equipment until repaired.

Always take care when mounting the equipment. Straddle the equipment by placing your feet on the straddle rails. Dismount from the equipment only after all parts have stopped.

Always check the wear and tear components like pulley, belts, etc.…To prevent injury.

There is an emergency stop, in the form of a SAFETY KEY, to prevent injury; you can stop the treadmill immediately by actuating the emergency stop for emergency dismount.

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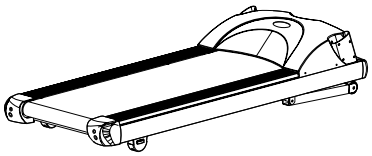
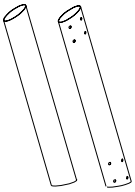
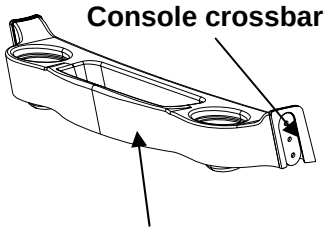
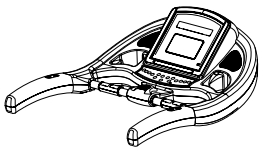
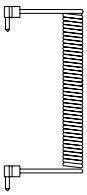
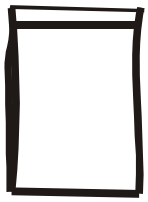
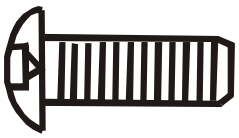
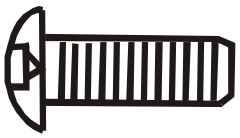
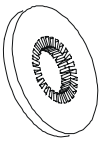
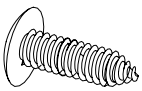
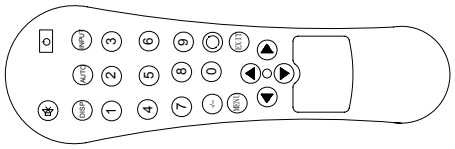
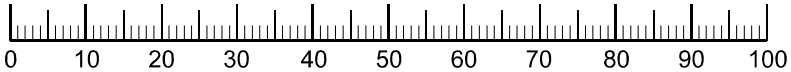
SUPPLIED COMPONENTS / SUPPLIED HARDWARE

This list identifies the major components you will use to assemble this product.

 MAIN BODY	 CONSOLE MAST	 BOTTLE HOLDER
 CONSOLE	 GPIB	 HARDWARE KIT

HARDWARE KIT

 M10x15 HEX HEAD BOLT 16pcs	Washer ∮10 16pcs	 M8x20 HEX HEAD BOLT 4pcs	 Washer ∮8 4pcs
 M4x15 Cross self-tapping screws 8pcs	SAFETY KEY	 REMOTE CONTROL	
lubricant for running deck	Allen wrench 1 pcs		



Millimeters

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COMPLETE PARTS LIST

ITEM	DESCRIPTION	QTY	ITEM	DESCRIPTION	QTY	ITEM	DESCRIPTION	QTY
1	main frame	1	42	Left end cover	1	83	screw M6*9mm	2
2	transformer	1	43	right end cover	1	84	NUT M5	4
3	filter	1	44	bolt M6*10mm	2	85	fixing bracket of motor	1
4	Control pcb	1	45	Incline motor	1	86	Jiggle switch	2
5	screw M4*10mm	9	46	hexagon m10*50mm	1	87	Fixing bracket of Jiggle switch	1
6	NUT 4	8	47	washer	2	88	motor	1
7	screw M4*14mm	2	48	NUT 10	4	89	Shim	1
8	fixing bracket of motor	1	49	bolt M10*115mm	1	90	fixing bracket of sensor wire	1
9	motor	1	50	washer	4	91	sensor wire	1
10	hex socket head bolt M8*12mm	2	51	incline frame	1	92	safety key	1
11	bolt M8*35mm	8	52	bushing	2	93	magnet	1
12	washer	4	53	Moving wheel	2	94	hand pulse set	2
13	Spring washer	6	54	bolt M10*75mm	2	95	screw M3*30mm	2
14	nut M8	4	55	washer	2	96	MP3 interface	1
15	hexagon m8*110mm	2	56	nut M12	2	97	keystroke board	1
16	fixing board of power	1	57	bolt M12*60mm	2	98	Connect wire set	1
17	on/off switch	1	58	washer	2	99	TV control key	1
18	socket	1	59	right console mast	1	100	fixing bracket board	1
19	fuse	1	60	left console mast	1	101	Console incline PCB	1
20	screw M3*10mm	1	61	bolt M10*20mm	16	102	Console PCB	1
21	screw M4*15MM	61	62	washer	16	103	TV console	1
22	TV inter-face board	1	63	Console frame	1	104	Amplifier PCB	1
23	screw M4*8mm	65	64	console lower cover	1	105	Controller wire	1
24	Motor front cover	1	65	heart rate panel	1	106	handle up cover	1
25	screw M6*15MM	2	66	console upper cover	1	107	handle lower cover	1
26	driving be t	1	67	TV UPPER cover	1	108	Handle keystroke panel	1
27	front roller	1	68	TV LOWER cover	1	109	Handle keystroke panel	1
28	rear roller	1	69	10 INCH LCD	1	110	screw M5*15mm	4
29	running belt	1	70	High voltage board	1	111	Power wire	1
30	hex socket head bolt M8*35mm	1	71	display board	1	112	Control-console wire	1
31	hex socket head bolt M8*65mm	1	72	speaker	2	113	TV power	1
32	hex socket head bolt M8*90mm	2	73	Connective board	2	114	fixing board for TV power	1
33	washer	8	74	whorl	2	115	fixing bracket of TV power	1
34	running deck	1	75	fixing bracket of screw	1	116	screw M4*14mm	2
35	bolt M8*35mm	10	76	fixing bracket of screw	1	117	washer	8
36	rubber cushion	10	77	bearing	4	118	TV wire	1
37	motor sensor wire	1	78	screw	2	119	Console crossbar	1
38	screw M3*8mm	32	79	Synchro-wheel	2	120	Bottle Holder	1
39	rubber pad	2	80	Synchro-belt	2	121	Right rubber ring	1
40	motor cover	1	81	keystroke	1	123	Left rubber ring	1
41	side rail	2	82	screw M6*6mm	2	124	bolt M8*20mm	4

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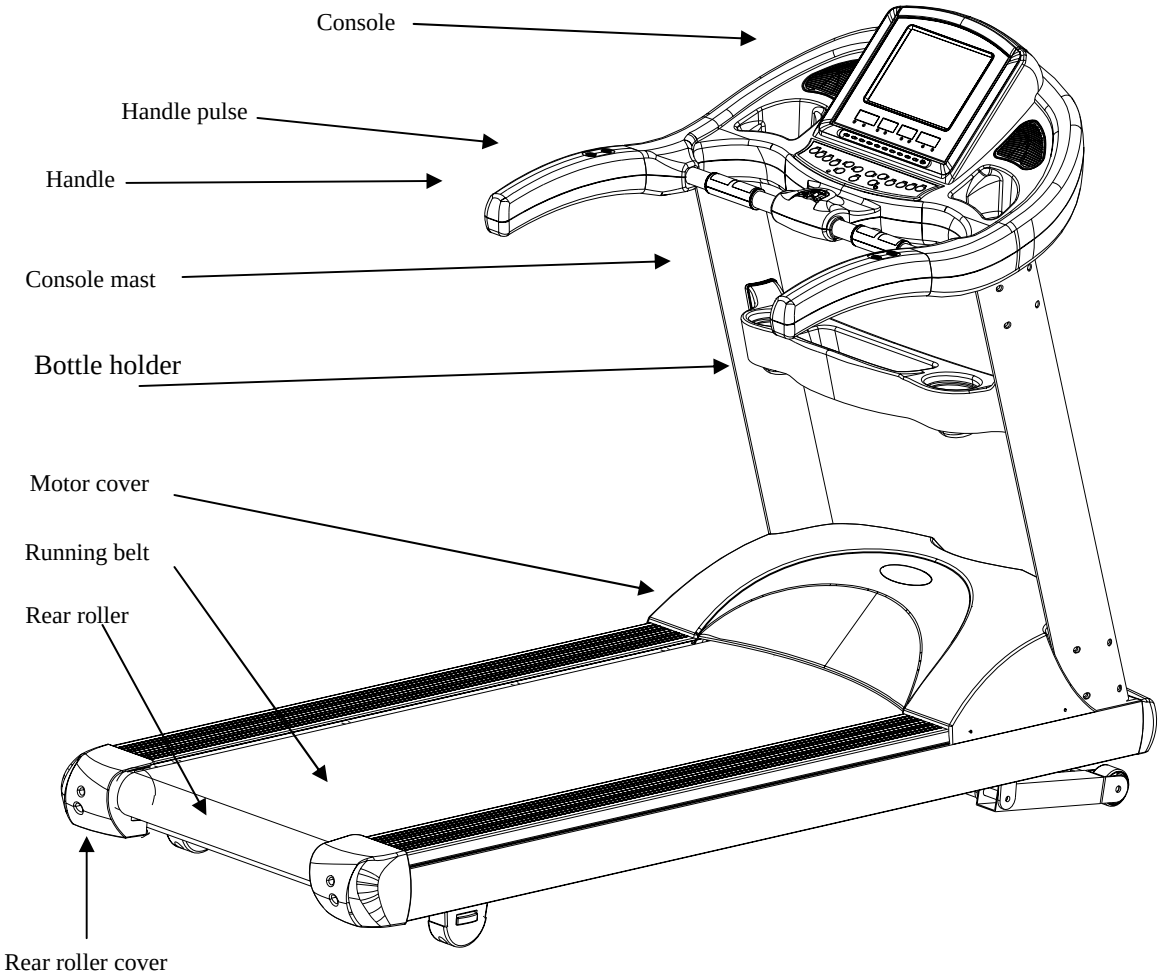
COMPLETE DIAGRAM



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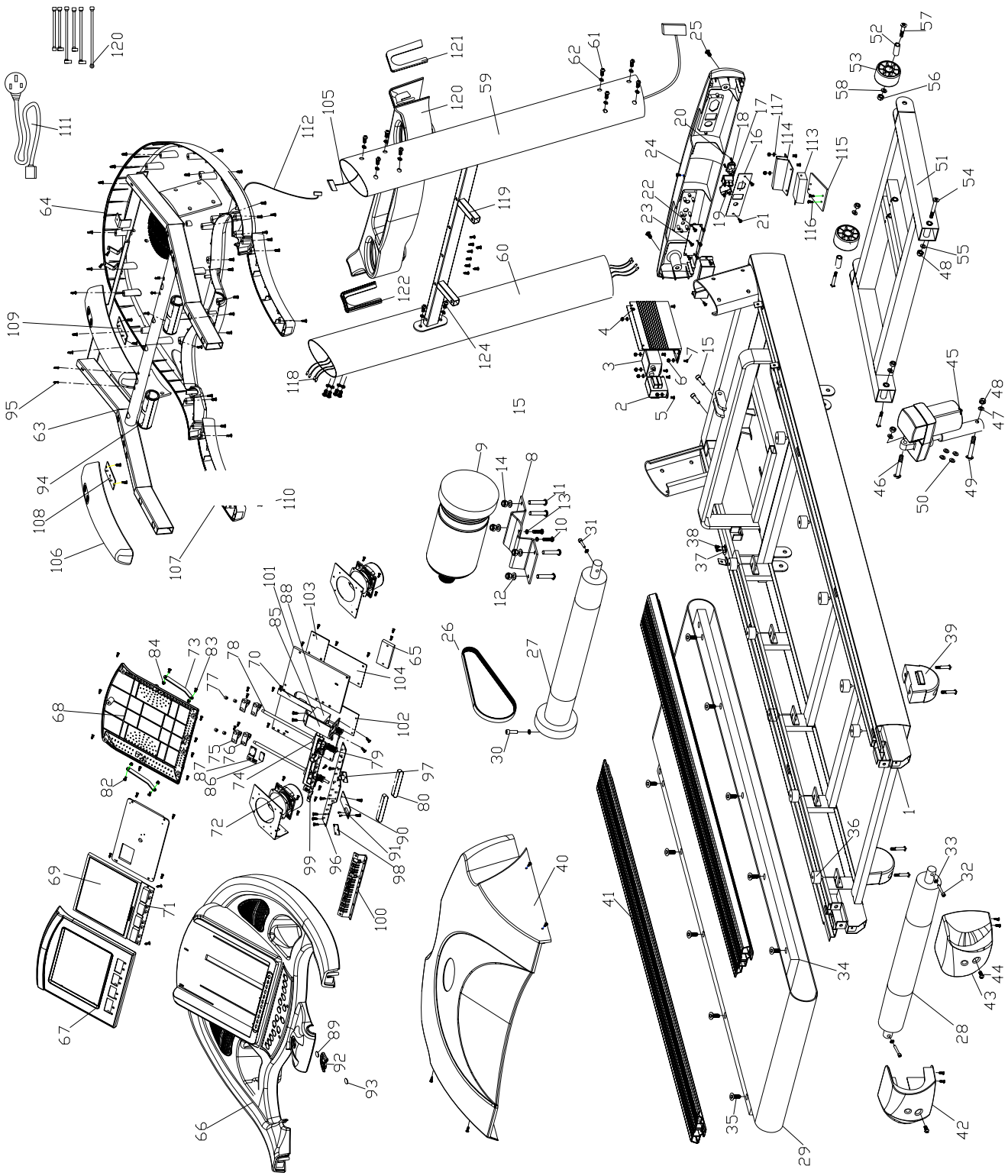
COMPLETE PARTS DIAGRAM 2



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ASSEMBLY – PLEASE READ ALL STEPS BEFORE BEGINNING YOUR WORK.

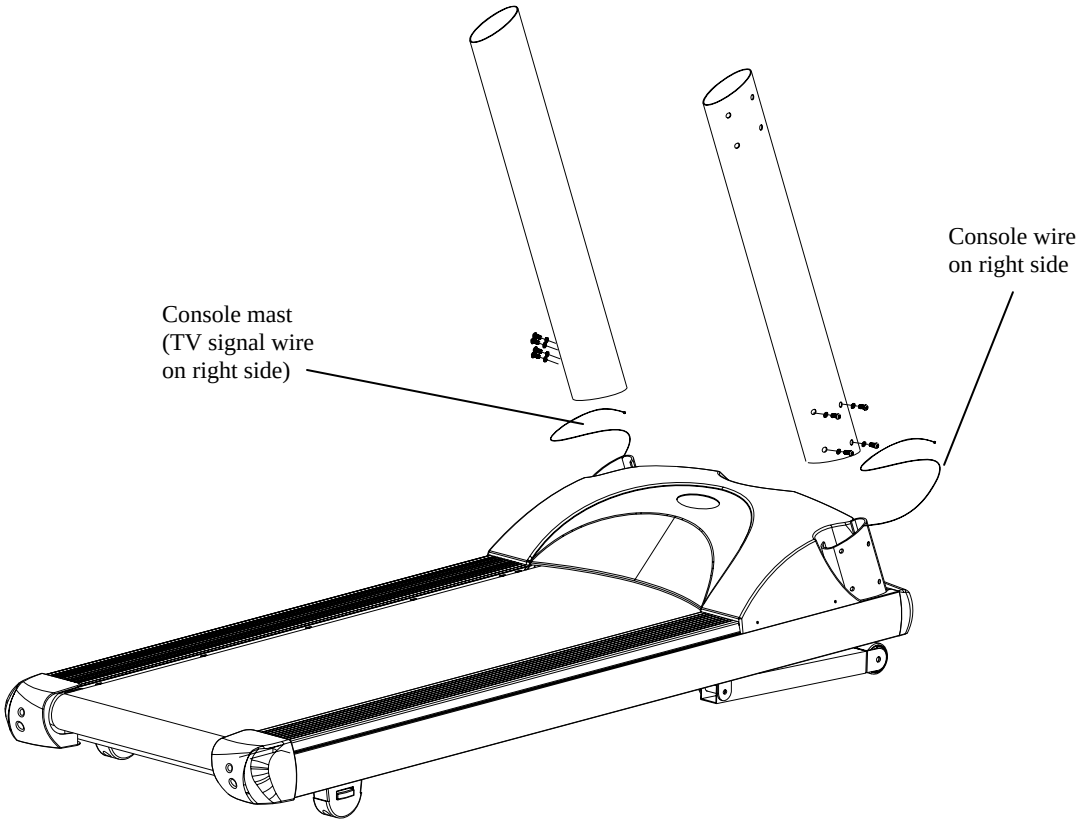
STEP1: Assemble Console Mast to Base Frame.

NOTE: <u>Make sure all wires are recessed into the frame. DO NOT trap or Pinch. DO NOT tighten bolts until after STEP3.</u>

When attaching the **<u>Right and Left</u>** upright (59, 60) first feed the 4 Lower wires through the uprights.

1). Attach Left and Right Uprights into base frame, and secure using the 8 x M10x20mm Bolts (61) 8 x M10 Washers (62).

61	**X8**	
62	**X2**	



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ASSEMBLY

STEP2: **Attach Console to Left and Right Uprights (This step is easier with 2 people)**

1). Connect the Upper Console Wire (38) from the console set to Lower Console Wire (44) in the right upright and the TV power and signal wire in the left upright. Then place the excess wire and the connectors into right uprights.

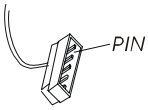
2). Place the entire console set onto the uprights, and secure the left side using 4 x M10x20mm Bolt (61) with 4 x M10 Washer (62)

3). Repeat the above process for the Right side

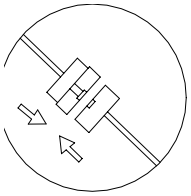
4). **Hand tighten bolts only**

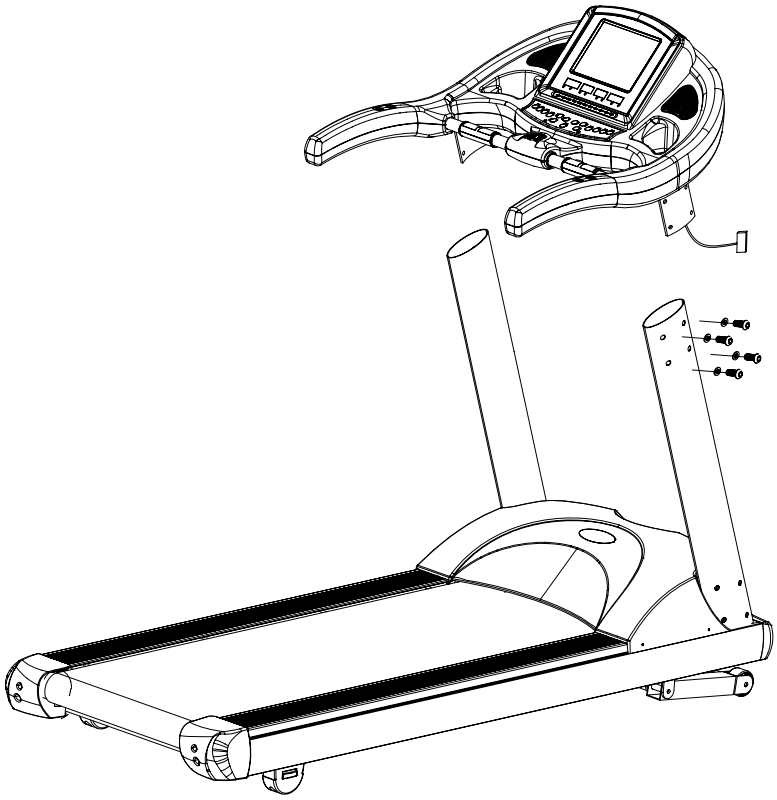
61	**X8**	
62	**X8**	

Caution Pinch point! Do not pinch wires between frame.



Ensure the pins are straight when connecting





Bolts should be hand tight only

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ASSEMBLY

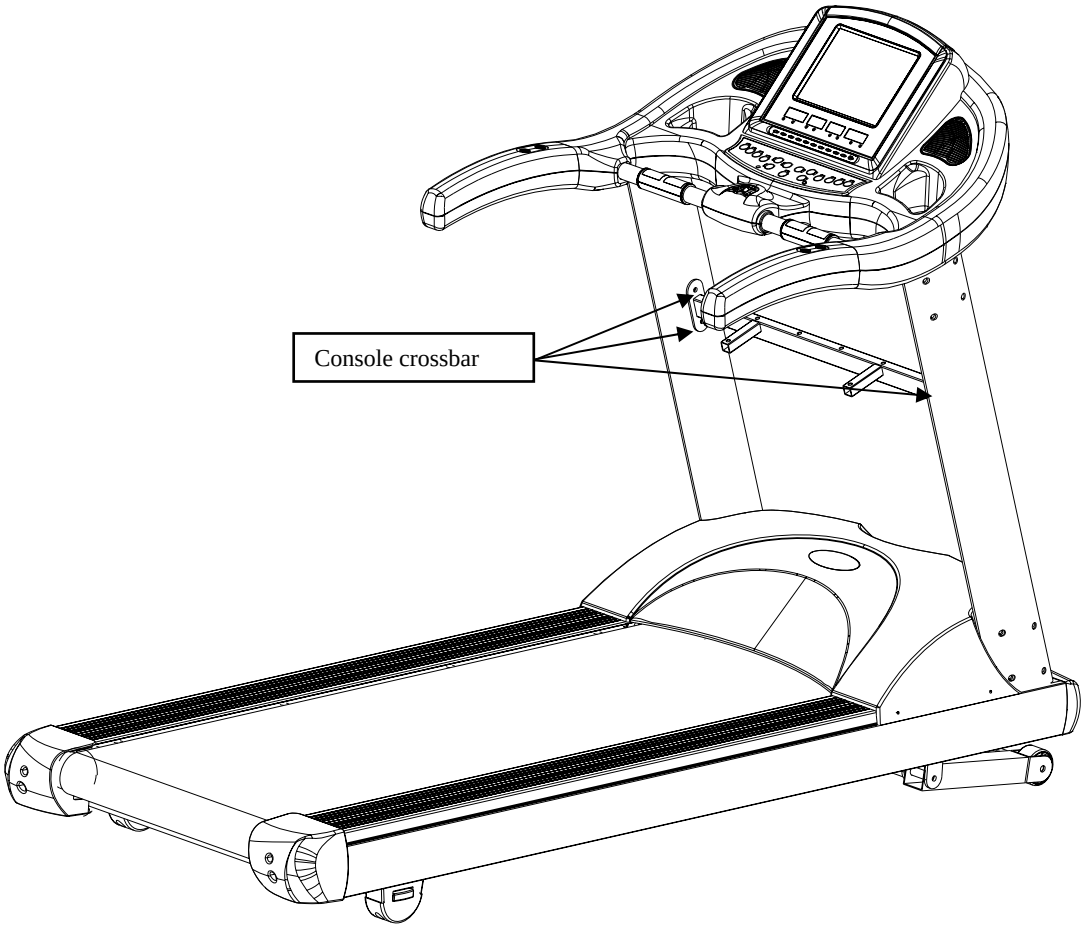
STEP3: Fasten protective cover on the upright

1) Attach the crossbar (84) between the left and right upright then secure using 4 x M8x20mm Bolts () and 4 x M8 washers ().

2) Tighten all bolts and fasteners now

X4

X4



Tighten all bolts and fasteners now

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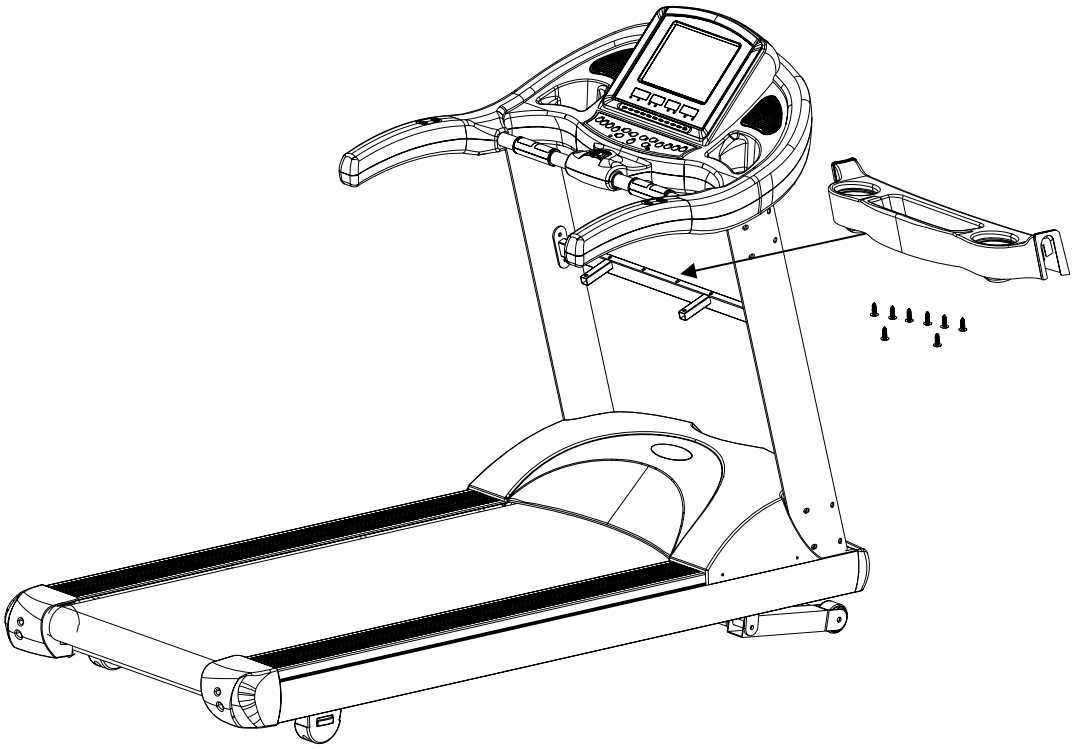
ASSEMBLY

STEP4: Assembly of the bottle holder to the cross bar

Attach the Bottle holder to the crossbar, and secure using 8 x M4x15mm screws ().

X8



Tighten all bolts and fasteners now

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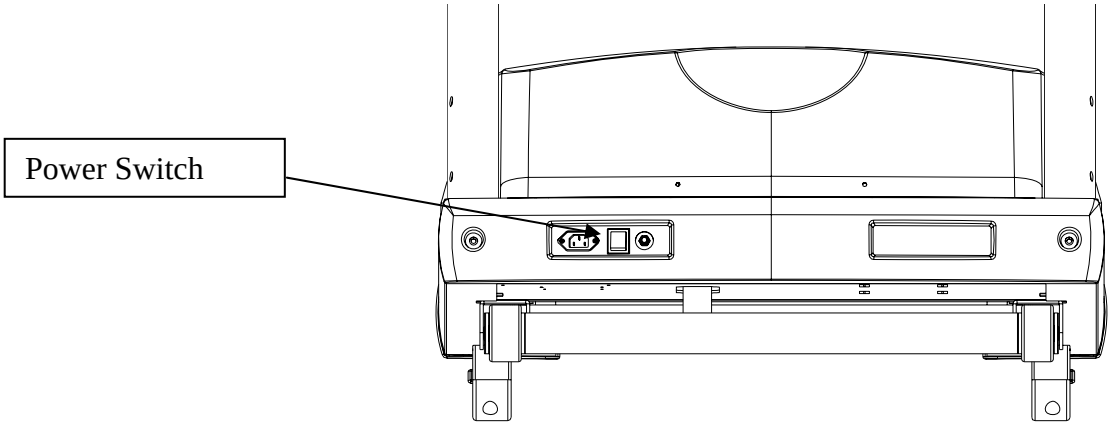
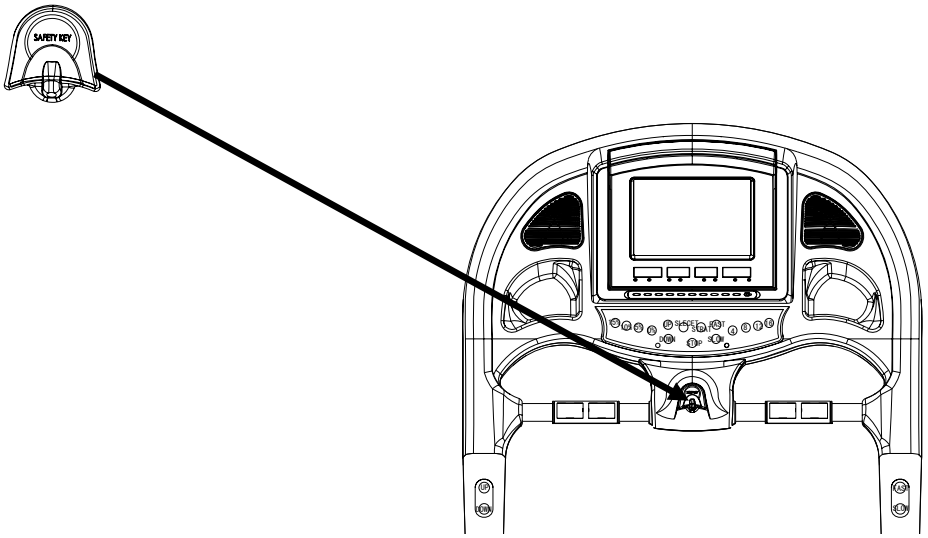
ASSEMBLY

STEP 5:

1) Turn power switch on
2) Insert the Safety Key (70) into the Bottom Center of Console prior to operation.
   Note: **Your treadmill will not Function without the safety key.**

70 X1





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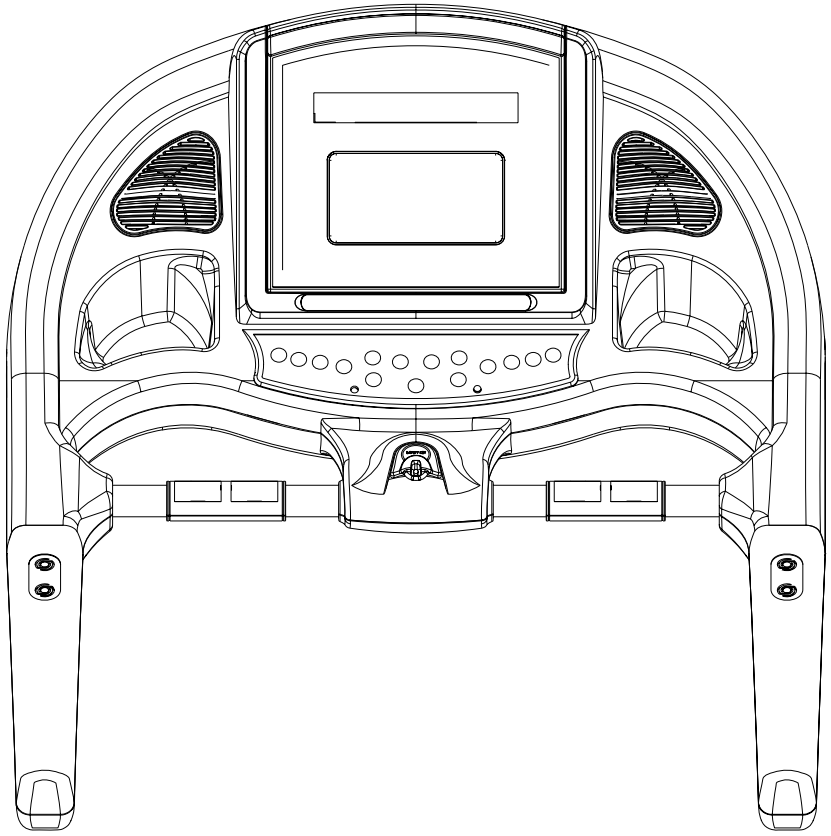
COMPUTER OPERATION



Computer Display

Time	00:00-99:59 Min
Speed	0.5-12 mile/h
incline	0-15%
Distance	0.00-99.9 mile
Calories	0-999 KCAL
Pulse	70-200 / Min
Program	P1-P7
Weight	88-400 lbs.
Age	15-80 years
Height	4.0-7.2ft
Target HR	50-190

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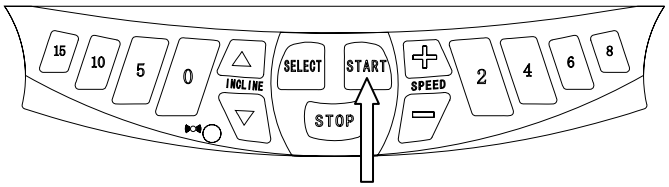
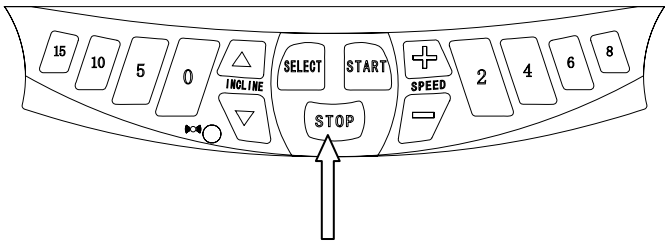
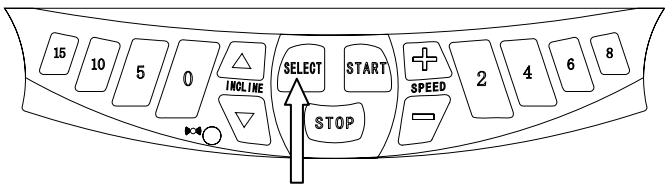
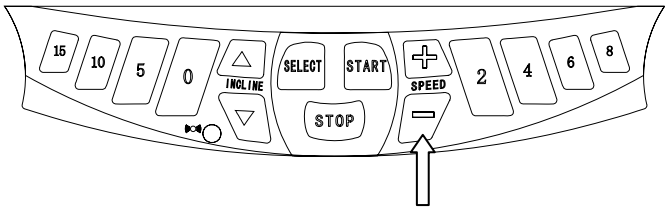
COMPUTER OPERATION

	START (Quick Start): Press the “START “to begin your exercise
	PAUSE: Press the “STOP” button to pause the training. RESET: Press the “STOP” button for a few seconds to reset the computer to its default values.
	SELECT: Press select to confirm set values for time, distance, calories, weight, height, program settings and to scroll between the computer readout during your workout.
	SPEED + / - KEYS: Use the speed + / - to scroll through the programs, program levels, to enter the time, distance, calories, height, weight, age and heart rate. The keys will also increase and decrease your speed during the workout.

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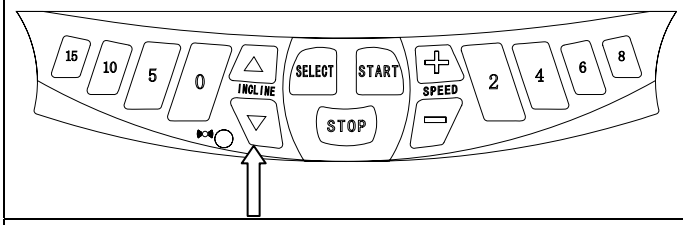
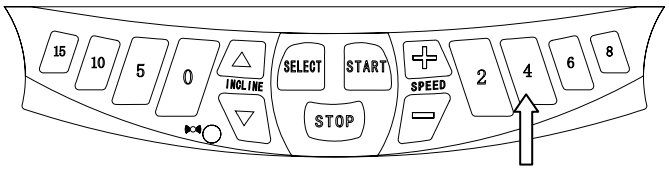
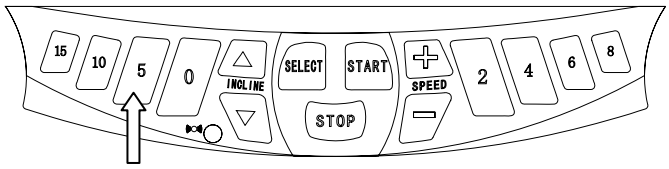
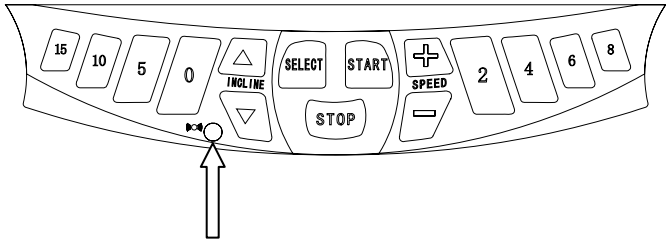
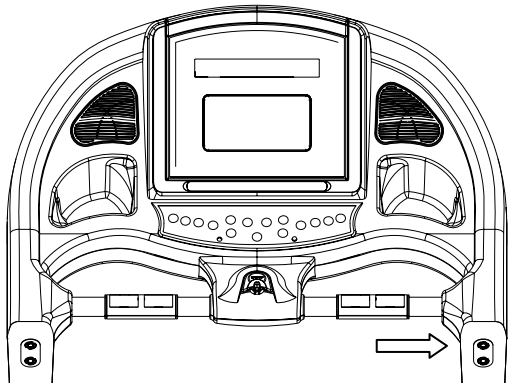
COMPUTER OPERATION

	▲ / ▼ KEYS: Use to adjust the incline level up or down during the workout
	QUICK SPEED KEY: Use the quick speed keys to achieve the predetermined speed with the push of one button.
	QUICK INCLINE KEY: Use the quick incline keys to achieve the predetermined incline with the push of one button.
	SPEAKER PORT: When you use speaker, please insert the audio signal into input interface.
	HANDRAIL KEY： Use the keys on right handrail to increase or decrease the speed. Use the keys on left handrail to increase or decrease the incline

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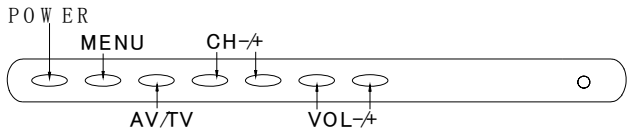
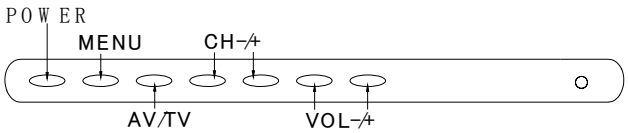
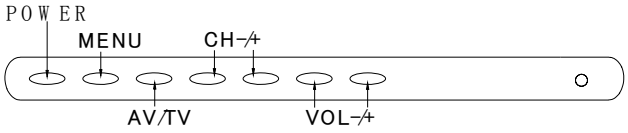
COMPUTER OPERATION



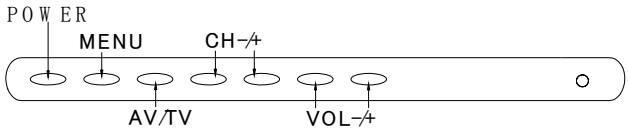
TV POWER KEY:
Use the “POWER” KEY to power or shut off the TV.



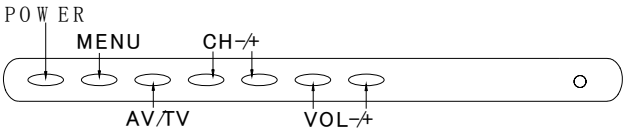
MENU KEY:
Press the Menu key to view the various menus, continue pressing Menu to choose preferred function, use the Channel +/- to select which function you wish to access or adjust, use the VOL+/VOL- to adjust your selected function, and then press MENU to confirm.



AV/TV KEY:
Use the “AV/TV” key to choose AV and TV.



Channel choosing KEY:
Use the “CH+” and “CH-” key to change channels.



Volume adjusting keys:
Use the “VOL+” and “VOL-” key to increase or decrease the volume

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COMPUTER OPERATION

TIME
Displays minutes and seconds of the elapsed or remaining time.
LEVELS
Displays the selected training level.
WEIGHT
Displays the weight when you set the program

SPEED
Displays the current running speed.
PULSE
To show the current heart rate, touch both pulse sensors with your palms.

INCLINE:
Displays the current running incline.
CALORIES:
Displays estimated use of calories at the time of display.

DISTANCE
Displays the completed or remaining distance in miles.
PROGRAM
Displays the selected training program.
AGE
Displays the age when you set the program
HEIGHT
Displays the height when you set the program

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COMPUTER OPERATION

Quick START:
Press START, and the belt will begin to move. This program is a manual program, the user must adjust the speed and incline

1. The speed will begin at the lowest speed (0.5mph/0.8kph), the Incline will begin at Level 0, and all data will begin to count up.
2. Press **Speed + / -** to adjust the speed by 1/10. Holding the speed button will increase or decrease the speed more rapidly. Press **Incline** ▲ / ▼ to change incline level. Holding the incline button will increase or decrease the speed rapidly

P1 Manual

This program is designed so that the user can set one of the following goals: Time, Distance or Calories. Only one goal can be set per workout. The computer will count the goal value down. Once the goal value has reached the treadmill will stop.

P1 Manual Program
Press Speed + / - until P1 is displayed in the computer window. Press select to confirm.

Time Goal
To enter the time press the speed + /- until preferred time is displayed in the upper left corner of the display. Press select to confirm. To bypass distance and calories press select twice.

Enter Height
To enter your height press the speed + / - until your height is displayed. Press select to confirm.

Enter Weight
To enter your weight press the speed + / - until your weight is displayed. Press select to confirm.

Press start to begin the program.

P2 SPEED

This program is designed to provide varied speed programs. The program profile is pictured on page 24

P2 Speed Program
Press Speed + / - until P2 is displayed in the computer window. Press select to confirm.

Speed Program Selection
To enter L1~L10 press the speed + /- until preferred program is displayed. Press select to confirm.

Enter Time
To enter the time press the speed + /- until preferred time is displayed. Press select to confirm.

Enter Height
To enter your height press the speed + / - until your height is displayed. Press select to confirm.

Enter Weight
To enter your weight press the speed + / - until your weight is displayed.

Press start to begin the program. Note: the incline must be manually adjusted in this program.

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COMPUTER OPERATION

P3 Speed

This program is designed to provide varied speed programs. The program profile is pictured on page 24

P3 Speed Program
Press Speed + / - until P3 is displayed in the computer window. Press select to confirm.

Speed Program Selection
To enter L1~L10 press the speed + /- until preferred program is displayed. Press select to confirm.

Enter Time
To enter the time press the speed + /- until preferred time is displayed. Press select to confirm.

Enter Height
To enter your height press the speed + / - until your height is displayed. Press select to confirm.

Enter Weight
To enter your weight press the speed + / - until your weight is displayed.

Press start to begin the program. Note: the incline must be manually adjusted in this program.

P4~6 Speed and Incline

This program is designed to provide varied speed programs. The program profile is pictured on page 24 & 25

P4 Speed and Incline Programs
Press Speed + / - until P4 is displayed in the computer window. Press select to confirm.

Speed Program Selection
To enter L1~L10 press the speed + /- until preferred program is displayed. Press select to confirm.

Enter Time
To enter the time press the speed + /- until preferred time is displayed. Press select to confirm.

Enter Height
To enter your height press the speed + / - until your height is displayed. Press select to confirm.

Enter Weight
To enter your weight press the speed + / - until your weight is displayed.

Press start to begin the program. Note: the incline must be manually adjusted in this program.

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COMPUTER OPERATION

H1 Target Heart Rate

H1 THR Program
Press Speed + / - until H1 is displayed in the computer window. Press select to confirm.

Enter Age
To enter your age press the speed + / - until your age is displayed. Press select to confirm.

Enter Time
To enter the time press the speed + /- until preferred time is displayed. Press select to confirm.

Enter Height
To enter your height press the speed + / - until your height is displayed. Press select to confirm.

Enter Weight
To enter your weight press the speed + / - until your weight is displayed. Press select to confirm.

Enter the Target Heart Rate
To enter your THR press the speed + / - until your THR is displayed.

Press start to begin the program. Note: the speed must be manually adjusted in this program.

This program is designed to interact with your heart rate based on a pre-set target rate.

The program will begin at 1mph. Adjust the speed by using the speed + or – button to a comfortable rate as the treadmill will adjust the incline to help you achieve the target heart rate. The computer will read your heart rate and compare it to the preset target rate and adjust the incline up one level if the actual heart rate is 6 or more beats below the preset target. If after 30 seconds the target heart rate has not been reached (+ or – 5 beats) the treadmill will adjust up one additional level. This process will continue until the target heart rate is achieved. If the target rate is not achieved after the treadmill has reached 15% then the speed will need to be adjusted manually.
If the target heart rate is exceeded by 6 or more beats the treadmill will adjust down one level. If after 30 seconds the actual heart rate has not lowered to the target heart rate (+ or – 5 beats) the treadmill will lower an additional level.
NOTE: If the treadmill has lowered to 0% incline and the actual heart rate is still above the target heart rate then the speed will need to be lowered manually.

Note: if the computer does not receive a heart rate signal then the program will not adjust. If the signal is broken during the program the treadmill will not adjust and use should be discontinued.

The program will end after the time has elapsed.

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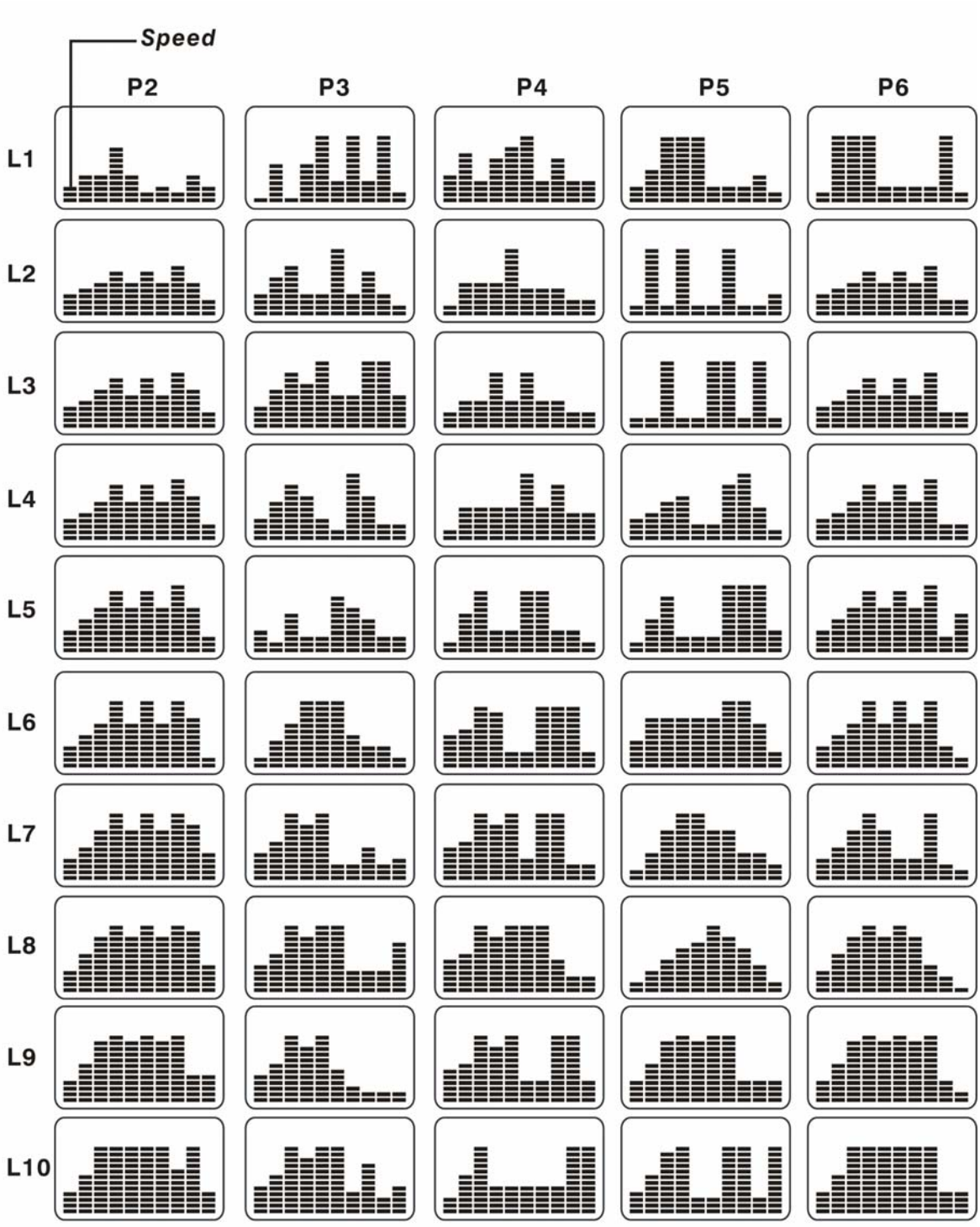
COMPUTER OPERATION



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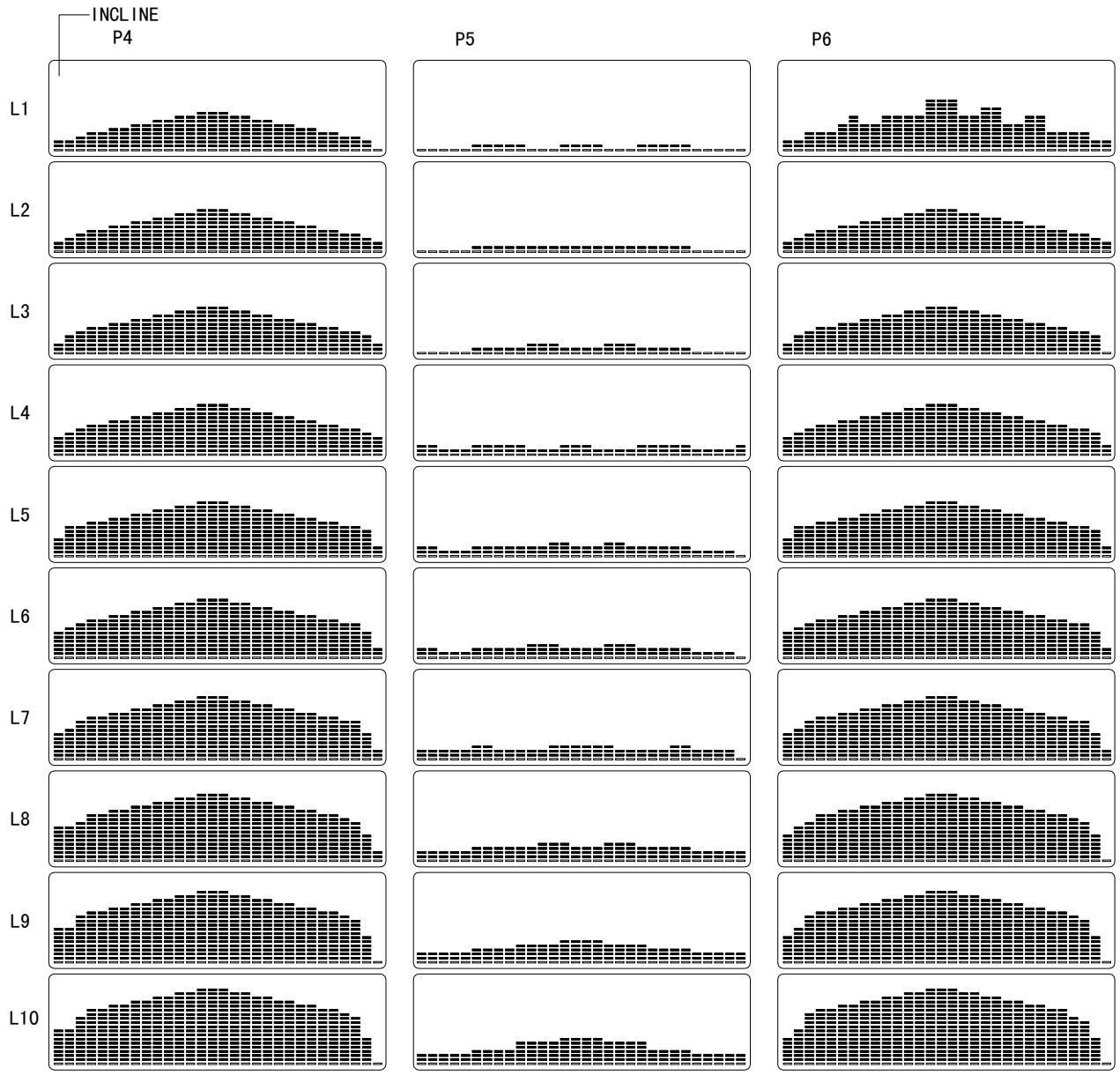
COMPUTER OPERATION



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MAINTAINENCE

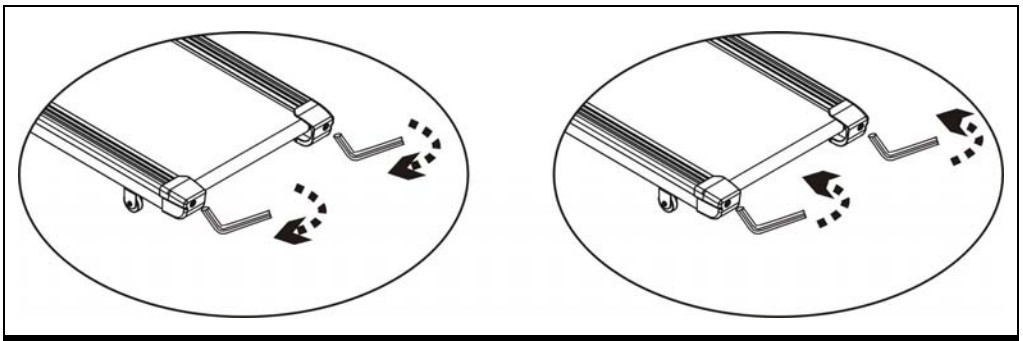
HOW TO MAINTAIN YOUR TREADMILL:

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and VOID the LIMITED WARRANTY coverage.

- **Important**: **DO NOT** use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any damaged or worn parts immediately.

BELT ADJUSTMENT:
The running belt has been properly adjusted at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

1. If your belt tends to move to the right, rotate the right tension bolt clockwise. We recommend an adjustments of 1/4 turn at a time. Then run the treadmill at 3 mph for 5 minutes. If your belt continues to walk to the right, simply adjust the left belt tension bolt by turning it 1/4 turn counterclockwise, Then run the treadmill at 3 mph for 5 minutes .Repeat until the belt is centered..
2. If your belt tends to walk to the left, rotate the left tension bolt clockwise 1/4 turn at a time. Then run the treadmill at 3 mph for 5 minutes. If the belt continues to walk to the left, simply adjust the right tension bolt counterclockwise. Then run the treadmill at 3 mph for 5 minutes .Repeat until the belt is centered...
3. If your belt is slipping, simply tighten both left and right bolts evenly 1/4 turn. Repeat the process if necessary. DO NOT over tighten the walking belt.



Right and left tension bolts are located at the rear of the treadmill.

DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within 3 months.

Smooth Fitness recommends lubricating the walking deck every 3 months

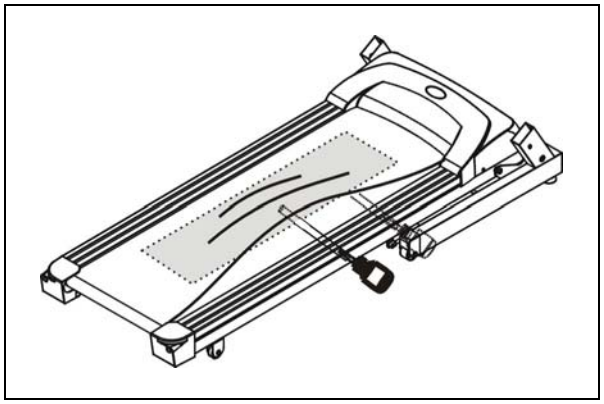
Please visit www.smoothfitness.com for approved maintenance supplies

Meijer.com

MAINTENANCE

To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the nozzle of the lubricant container under the belt
3. While lifting the side of the walking belt, position the nozzle between the walking belt and the board approximately 15 cm (6 inches) from the front of the treadmill. Apply the silicone lubricant to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Note: it is important to get the lubricant as far to the center of the walking board as possible.
4. Allow the silicone to "set" for 1 minute before using the treadmill.



Apply lubricant from front to back.

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

Warning: To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

Important: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

After each workout: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.

Weekly: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

Note: ***when lubricating the belt, make sure the treadmill is located on a surface that can be easily cleaned. After lubricating your treadmill running belt, clean any excess silicone off the belt and frame.***

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IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Avertissement :
Avant d'utiliser de produit, veuillez consulter votre médecin personnel pour un examen médical complet. Des exercices fréquents et difficiles doivent d'abord être approuvés par votre médecin. Si vous ressentez un malaise par suite de l'utilisation de produit, arrêtez les exercices et consultez votre médecin. Un usage approprié de ce produit est essentiel. Veuillez lire attentivement votre manuel avant de commencer les exercices.
Les enfants doivent rester éloignés de l'équipement pendant son utilisation et lorsqu'il est laissé sans surveillance. Portez toujours des vêtements appropriés pour les exercices, y compris des chaussures d'athlétisme. Ne portez pas de vêtements amples qui pourraient être pris dans l'appareil durant les exercices.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

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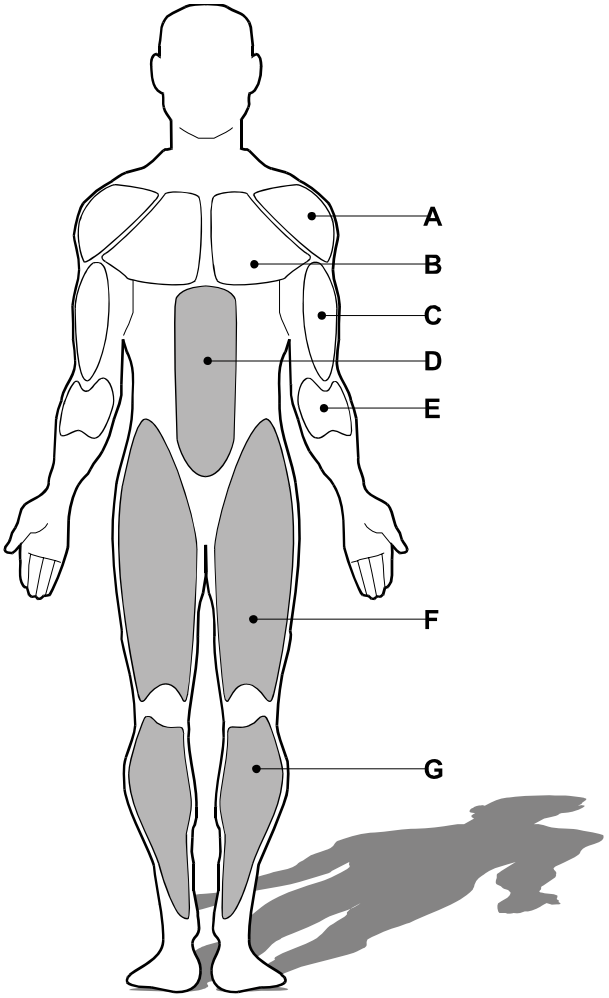
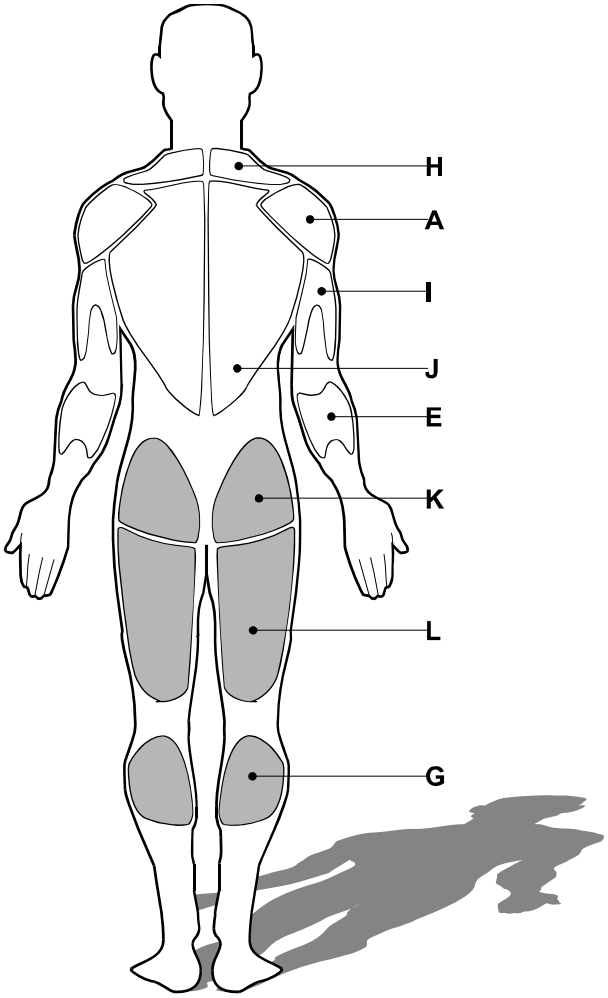
MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.





MUSCLE GROUPS

A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

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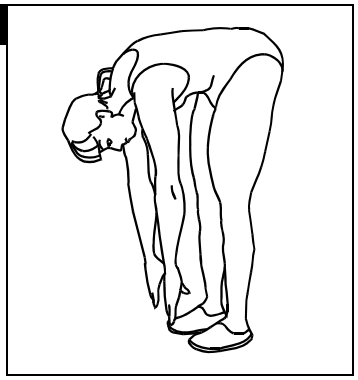
STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

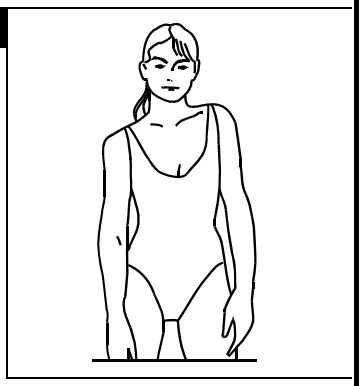
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

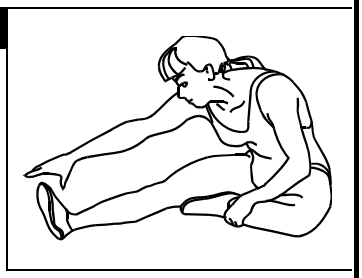


Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

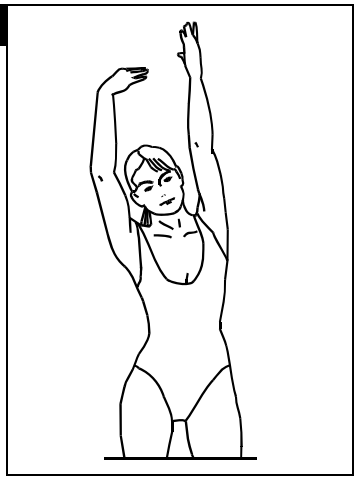
Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



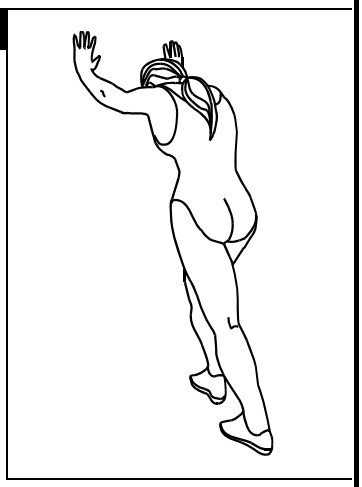
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



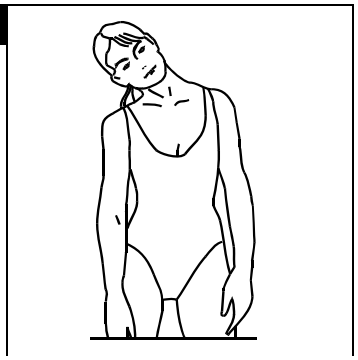
Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



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STRETCHING ROUTINE

Read carefully the following before using your treadmill

- Always stretch your muscles before exercise program. Warm up slowly by walking at a slow incline. Increase workout intensity gradually until you reach your desired workout pace. Decrease workout intensity gradually to an easy walk, allowing your heart rate to decrease to a normal situation.
- When starting the treadmill, always stand with both feet on the step-on side rails.
- When finishing, allow the running belt to slow down and come to a complete stop before stepping off.
- Wear comfortable, non-restrictive clothing when using the treadmill. Never wear anything loose, such as baggy sweat pants, neckties, loose socks or jewelry. Never drape towels on or around the treadmill during use.

WARNING
If you feel dizzy, nausea, chest pain or other abnormal symptoms, stop immediately. Consult a physician before continuing use.
AVERTISSEMENT: Si vous vous sentez étourdi, la nausée, la douleur de coffre ou d'autres symptômes anormaux, s'arrêtent immédiatement. Consultez un médecin avant de continuer l'utilisation.

- Always use the handrail when stepping on or off the treadmill and when changing incline or incline.
- This treadmill is equipped with a safety key – always clip the cord attached to the safety key to a part of your clothing so the safety key will properly detach from the computer console, thereby stopping the treadmill.
- Wear running or walking shoes with high-traction soles. To avoid injury and unnecessary wear on your treadmill, be sure your shoes are free of any debris such as gravel and small rocks.

Before completing an exercise session, always:
1. Allow time to slow your pace, cool down, and reduce your heart rate to a normal level before completing your workout.
2. Grasp the handlebars and press the Incline "?" button. Slow your pace to an easy walk.
3. Ensure the running belt has come to a complete stop before exiting the treadmill.

WARNING
Turn off and unplug the treadmill before proceeding with any maintenance or visual inspections. Failure to do so may result in serious injury. Note: Failure to perform the required periodic and preventative maintenance can void your warranty.
AVERTISSEMENT
Arrêtez et débranchez le tapis roulant avant de procéder à tout l'entretien ou inspections visuelles. Le manque de faire ainsi peut avoir comme conséquence des dommages sérieux. Note : Le manque d'exécuter l'entretien périodique et préventif exigé peut vider votre garantie.

At the end of every exercise session, always:
1. Remove the Safety Key from the computer console.
2. Use the master power switch to turn the treadmill off. The master power switch is located at the right side of frame next to the electrical cord.
3. Always position and store the electrical cord where is clear from all pathways.
4. Unplug the electrical cord from the electrical outlet. This is especially important if you are not going to use your treadmill for extended periods.
5. Wipe all treadmill surfaces with a dry cloth or towel especially perspiration on the handlebars, con troll panel, running belt or other treadmill components.

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TROUBLESHOOTING

TROUBLE SHOOTING GUIDE:

SYMPTOM	CAUSE	SOLUTION
Show E0	Safety key not in place	Place the safety key into the operation position
Show E1	Speed signal error	Please check Speed sensor and 10-pin cable or contact your retailer
Show E2	Motor or motor drive system error	Check the 10-pin cable or contact you retailer
Show E3	Over speed error	Adjust the speed sensor or contact your retailer

TROUBLE SHOOTING YOUR TREADMILL:

If you experience a problem, please refer to the trouble shooting guide listed below:

PROBLEM: The console does not light up.
SOLUTION: Verify that the power cord is plugged in properly to the outlet, and the treadmill power switch is turned on.

PROBLEM: The treadmill circuit breaker trips during a workout.
SOLUTION: Verify that the treadmill is plugged into a dedicated 15 amp circuit with the correct outlet.
*Note: Do not use an extension cord.

PROBLEM: The treadmill shuts off when elevating.
SOLUTION: Verify that there is enough slack in the power cord to reach to the wall outlet during elevation.

PROBLEM: The running belt does not stay centred during a workout.
SOLUTION: Verify that the treadmill is on a level surface. Verify that the belt is properly tightened. (Refer to Belt Adjustment)

PROBLEM: The treadmill makes a clicking noise towards the front of the machine while walking or running on it.
SOLUTION: Verify that the treadmill is on a level surface.

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LIMITED WARRANTY

LIMITED HOME USE WARRANTY – SMOOTH FITNESS Treadmills Warranty

Warranty Coverage: EVO Fitness and Smooth Fitness, Inc. ("Smooth Fitness") warrants to the original owner that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage: The Warranty on this product runs from the date of original purchase using the following schedule:

Model Name	Frame	Resistance Assembly	Parts & Electronics	Labor
9.65TV	Lifetime	Lifetime	Lifetime	1 year
TV display	NA	NA	1 year	1 year

Labor: Smooth Fitness will reimburse for labor costs for One (1) year. Smooth Fitness reserves the right to either:
Hire and reimburse an independent service technician, who will come into the home for the repair,
OR
In the event that there is not an available certified Smooth Fitness service technician, Smooth will send the part directly to the consumer and will pay $75 US per occurrence for the labor costs of such repair. If multiple repair attempts must be made for one reported problem, Smooth will only reimburse once per occurrence.

Smooth Fitness reserves the right to inspect damaged parts for misuse. Your Original Receipt is proof of purchase and should be kept with the product manual. You may be required to show proof of purchase prior to warranty service being initiated.

Remedy Provided by Smooth Fitness: Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. Smooth Fitness may at its discretion, choose to provide any of following parts or repair options. In the event that a part is determined in need of replacement, upon receipt of the part by Smooth Fitness, Smooth Fitness may send out the part by UPS ground or another such carrier directly to the customer's home.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty: To obtain service on a Smooth Fitness product, call Smooth Fitness. In the instance that service is not available in an area, Smooth Fitness, at its discretion, can either 1) find a service technician in your area to perform warranty service, 2) have a local dealer perform warranty service, or 3) send the warranty parts to you and reimburse as described above. To help the technician assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

Limitations on Warranty: This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, power grid failures or spikes from your local electricity provider, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility. In order for this warranty to be valid, all Smooth Fitness and EVO Fitness exercise equipment must be stored and used in a fully finished and livable room within the residence (not including an indoor swimming pool room and areas with excessive humidity).

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States or Canada. This Warranty does not apply if the product is used as a rental product or in commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

FORM WS-1 (rev. 03/2008)

Meijer.com

Smooth Fitness
780 5th Ave
King of Prussia, PA 19406

Toll Free Customer Service:
1.888.800.1167

Website:
www.smoothfitness.com